

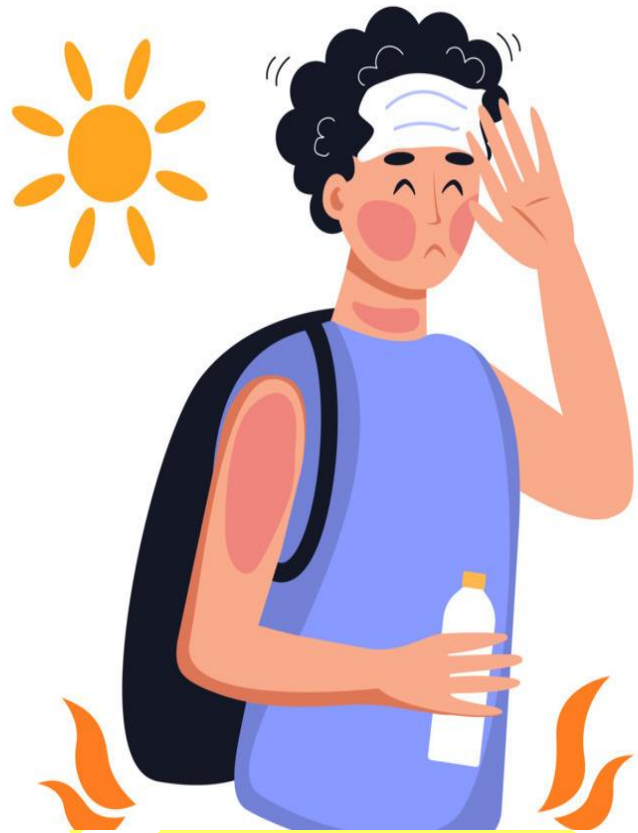


HEAT STROKE



SYMPTOMS

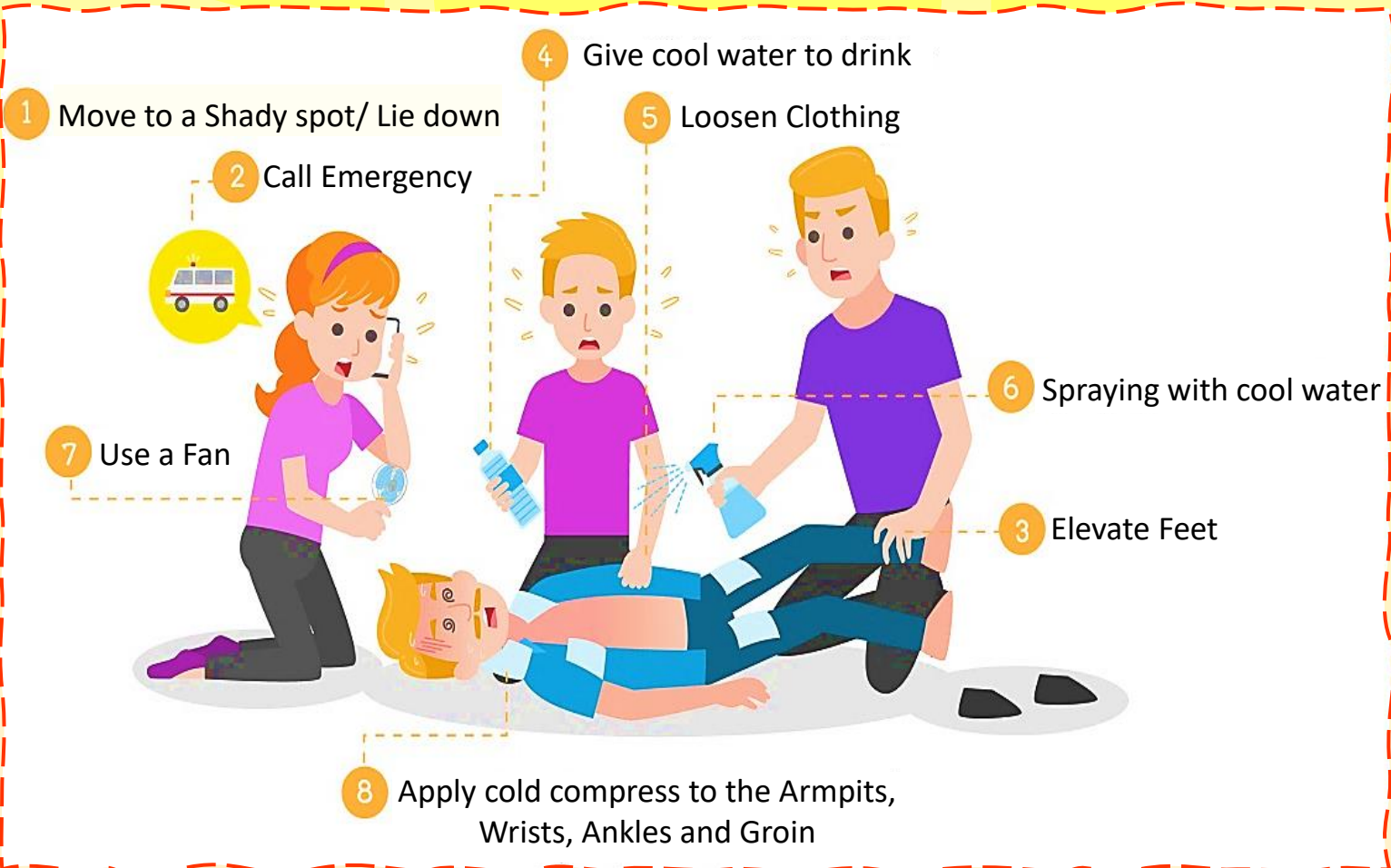
- Throbbing Headache
- Rapid Pulse
- Red, Hot and Dry skin
- Cramps
- Nausea and vomiting
- Seizures
- Unconsciousness, Dizziness



FIRST AID

- Call an ambulance
- Move to a shady area
- Wipe with damp cloth
- Apply ice packs to armpits, neck and back
- Ice Bath

First Aid for Heat Stroke





Stay Safe in the Heat: A Guide for Adults and Seniors

What to Do on Sunny Days ?



DRINK WATER, JUICE AND ORS



EAT FRESH FOOD AND FRUITS



AVOID ALCOHOL AND CAFFEINE



AVOID TRAVELLING



LIMIT EXPOSURE TO SUN FROM 11 AM - 3PM



USE SUNSCREEN



AVOID VIGOROUS WORK, REST IN BETWEEN



USE COOLERS, AC AND FANS



TAKE FREQUENT SHOWERS OR BATH



USE WET WIPES AND DAMP COMPRESS



WEAR SUNGLASSES AND CAP OUTDOORS



WEAR LIGHT COLOURED LOOSE CLOTHING



Heat Stress: What can we do for the Elderly People ?



Host Informative sessions about Heat Stress



Family and Care givers Support



Direct communication with elders



Involve Healthcare Providers for checkups



Nutrition tips to stay healthy



Buddy System for help



Visual Aids for understanding



Reminder System for hydration



Peer discussion



Public Announcement System



Local Government Support



Awareness through Media like TV, Mobile and Radio



Plan your Day

- Stay Indoors
- Avoid going out between 11am-3pm



Eat Light

- Eat light and well balanced food



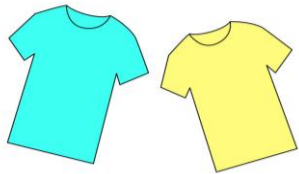
Stay Hydrated

- Drink plenty of water even if you do not feel thirsty



Dress Light

- Wear cotton, white/ Light coloured clothes



Heat Wave Precautions

Protect Yourself

- Protect head and face
- Wear sunscreen, cap and umbrella



Take Care

- Take care of elderly, children, pregnant women, sick and disabled people



Keep Water

- Keep water available for birds and animals



First Aid

- Learn first aid to treat emergencies



Plantation

- Plant trees for shade



Listen and Know

- Listen to weather forecast
- Know temperature changes



Sunny Days, Safe Ways for Children..



HEAT STROKE



Children are high risk group to heat and humidity related illness.

Symptoms of Heat Stroke in Children



Hot, Dry and Red Skin



Body temp of 103° F+ / 40°C



Confusion / Agitation



Excessive thirst



Sunken eyes



Rapid heartbeat or breathing



Nausea



Pounding Headache



Heat Rashes



Muscle Cramps

Sunny Days, Safe Ways for Children...

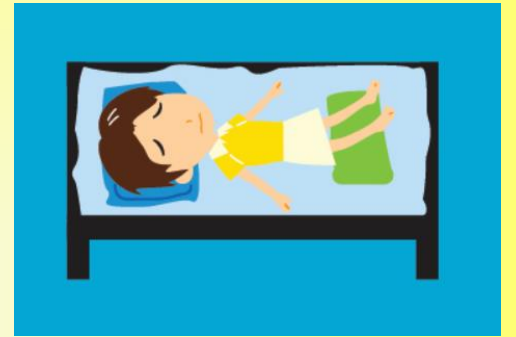
FIRST AID MEASURES FOR HEAT STROKE



Bring the Child indoors or into the shade immediately



Loosen their clothing while maintaining dignity



Have the child lie down with slightly raised feet



Sponge with cool water



If the child is awake, provide frequent sips of cool water



If the child vomits, turn them on to their side to prevent choking



Use fan to increase airflow



If the child is unconscious, don't give anything to eat or drink



Call for emergency medical support

Sunny Days, Safe Ways for Children..

DO'S and DON'TS FOR CHILDREN



Don't play in sun



DON'TS



Don't leave kids in locked car



Avoid beach activities



Avoid School Assembly



Avoid Heavy and tight clothes



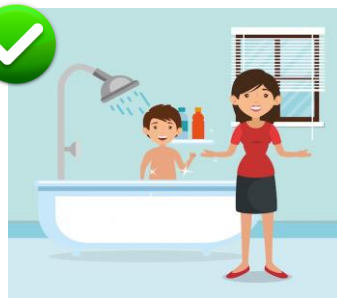
Encourage indoor activities



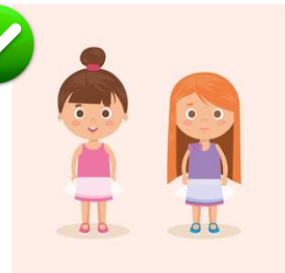
DO'S



Use fans and AC



Take cool Bath



Wear light clothing



Water bell to remind drinking water



Beat the Heat: A Guide for People Working Outdoors !



RECOGNIZE THE SIGNS OF HEAT STRESS



Altered mental sensorium with disorientation



Hot, Red and Dry Skin



Body temp $\geq 40^{\circ}\text{C}$ or 104°F



Throbbing Headache



Nausea and Vomiting



Muscle Weakness or Cramps



Anxiety, Dizziness, Fainting and Light Headedness



Rapid Heart Beat and Breathing

FIRST AID – WHAT YOU CAN DO TO HELP



Call emergency Services



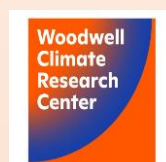
Move to a cool, shaded area



Remove excess clothing



Apply cold, wet cloth to head, face, neck, armpits and groin



Beat the Heat: A Guide for Managers and Employees



Protect yourself and your co-workers from the dangers of heat stress !

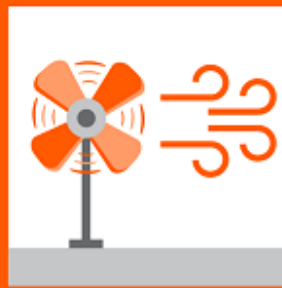
AS A MANAGER



Educate Workers



Watch for Signs of Heat Illness



Provide Air Ventilation and Circulation



Frequent Breaks



Plan work shifts suitably

AS AN EMPLOYEE



Stay Hydrated



Eat Healthy Meals



Take Breaks



Dress Appropriately



Watch for Symptoms

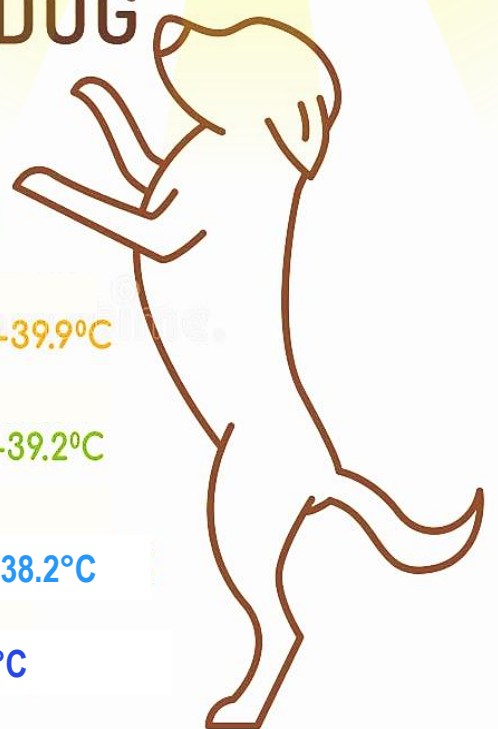
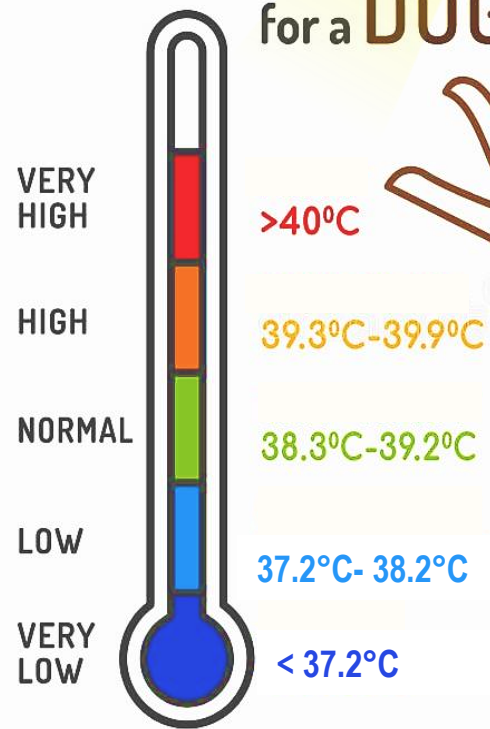
Cool Companions: Heat Safety for Your Dogs

Recognize the Signs of Overheating in Dogs



NORMAL TEMPERATURE

for a DOG



What can you do to help them ?



Move your dog out of heat



Apply cool, not ice-cold water all over



Check your dog's body temperature regularly



Consult Vet doctor, if dog's temp is over 40°C

Cool Companions: Heat Safety for Your Pets

PREVENTING HEAT STROKE IN PETS



1 Walk your pets at
Dawn or Dusk



2 Bath your pets
regularly



3 Groom them
regularly



4 Provide shade and
plenty of water



5 Never leave pets
in a locked vehicle



6 Be extra careful
with flat- faced
breeds